

L. CLARK CUSHING

MURRAY SENIOR RECREATION CENTER

2018

Recreation for 55+

August

From the Director's Desk

Please check out the information in the newsletter about our last two family concerts for the summer. Our last family concert will also include an Open House of the Center and a rib dinner. [see page 5]

Scott Harris, our chef, has taken on a new job as a UPS driver. We will greatly miss him. We are in the process of interviewing for a new chef.

The Heritage Senior Adults, Inc. board is preparing for a silent auction for our Center to raise funds for low income senior scholarships. [see page 2]

We are looking forward to all the events that are coming up for August.



Trip Drivers and Hosts Needed

We are looking to expand our pool of volunteer bus drivers for Wednesday pick-ups and Center trips. A CDL license is not required, but there is a health exam required. Training will be provided.

As we add additional trips to our calendar, we are looking for more trip hosts.

If you are interested, please contact Wayne in person, via email woberg@murray.utah.gov, or call 801-284-4242.

*Thanks,
Tricia*

L. Clark Cushing Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

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2018 Special Events

Monday, September 10	Open House
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique

2018 Center Upcoming Closures

Monday, September 3	Labor Day
Monday, November 12	Veterans Day
Thursday, November 22	Thanksgiving
Friday, November 23	Thanksgiving
Tuesday, December 25	Christmas Day

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

L. Clark Cushing Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	TBA
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Volunteer Drivers	Jerry Budd
	Chuck Dillard
	Sonny Jckowski
	Tom Thompson
Building Attendant	Pete Wright

Advisory Board

Rod Young (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Erich Mille	

Heritage Senior Adults, Inc.

DONATIONS made to the L. Clark Cushing Senior Recreation Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the L. Clark Cushing Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the L. Clark Cushing Senior Recreation Center. Applications are available at the Front Desk or on our website.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the L. Clark Cushing Senior Recreation Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the L. Clark Cushing Senior Recreation Center and the suggested donation is \$1 per issue.

Newsletters are archived online.

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The L. Clark Cushing Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the L. Clark Cushing Senior Recreation Center except a dog that is—or is in training to become—a service animal as defined by Utah Code. The service animal must be wearing their service vest or the individual may present the animal's laminated identification card or another form of identification.

April Callaway is now a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

SILENT AUCTION

We are accepting Silent Auction donations (valued \$50+) until Friday, August 31. The Silent Auction will then begin on Monday, September 10 (Open House) and will conclude on Wednesday, October 17 (Oktoberfest).

Living Well with Chronic Pain

The **LIVING WELL WITH CHRONIC PAIN** program will continue to meet every Thursday at **9:30-12:00** until **Thursday, August 16**.

Live Life Mobile Alarms

We know many Seniors that are still mobile, but are at risk of falls or just want help right away during an emergency. Having a medical alert device is more important than ever, but there are so many options to choose from. **LIVE LIFE MOBILE ALARMS** is coming on **Wednesday, August 15** at **10:00-11:00** to talk about medical alert devices and fall prevention. This is a **free** class. [Register now.](#)

Sleep Disorder Breathing

On **Tuesday, August 21** at **10:30**, Rich Schoenfeld from St. Mark's Hospital will present a class on **SLEEP DISORDER BREATHING**. The class will include ways to help you recognize the risk of sleep disorder breathing for yourself or a loved one and ways to work with your healthcare providers to diagnose, treat, and manage sleep disorder breathing issues. Sleep disorder breathing affects millions of people and risk increases with age. In addition, it contributes to other serious health problems such as diabetes, hypertension (high blood pressure), heart disease, daytime sleepiness, snoring, memory loss, and many more. This is a **free** class. [Register now.](#)

Recycling

On **Friday, August 24** at **10:30**, a representative from Ace Recycle & Disposal will discuss ways to improve your **RECYCLING** skills at home and at the Center. Do you have recycling questions? What can I recycle? How does it make a difference? What is the best way to create the least amount of trash? We have heard many at the Center say, "I don't recycle." All of us can make small improvements in this area. It takes a little effort on your part, but you will be amazed by how much you can reduce the trash going out of your home each week. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, August 28** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

A representative from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with them regarding any personal problems or issues you may be having in your life.

On **Tuesday, August 28** at **10:30**, they will present a new wellness class called **BUILDING HEALTHY RELATIONSHIPS**. Building relationships with friends and family can sometimes be tricky. Evolving roles of parents and adult children can present challenges. Come learn how to improve your relationships through using more effective communication skills and gain a greater understanding of how to maintain healthy relationships. We will also discuss common causes of conflict, tips for repairing relationships and ways to give a "nice no." This is a **free** class. [Register now.](#)

Heart Health — Don't Skip A Beat

On **Friday, August 31** at **10:30**, Ashley Quadros, a Dietitian from Harmons, will teach **HEART HEALTH — DON'T SKIP A BEAT**. You will learn how to take steps to a healthier lifestyle to reduce your risk of heart disease. Ashley will teach you how to make simple diet changes that really add up, including food label reading, heart-healthy food substitutions, and choices that help reduce cholesterol. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class will begin a new six-week series on **Monday, September 17** through **October 22** at **9:00-12:00**. Cost is **\$33**. Registration begins on Tuesday, August 28. Registration is limited to 15 participants.

John and Joan Fackrell's **ART APPRECIATION** class will begin a new six-week series on **Monday, September 17** through **October 22** at **1:00-3:30**. Cost is **\$33**. Registration begins on Tuesday, August 28. Registration is limited to 15 participants.

Sandi Olson's **PAINTING** class continues through **Wednesday, August 1**. She will begin a new seven-week series on **Wednesday, August 8** which will run through **September 19** at **9:00-12:00**. Cost is **\$35**. Registration begins on Tuesday, July 31. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

Drawing Class

Lauren Rock's **DRAWING CLASS** will continue through **Friday, August 31** at **1:30-3:30**.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, August 14** will be a cute cactus door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:30**. Register now. The deadline to register is Friday, August 10 to allow Susan enough time to obtain the supplies for class and cut the wood.

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** class will begin a new five-week series on **Wednesday, August 22** through **Wednesday, September 19** at **12:30-1:30**. This is a **FREE** class. Space is limited to six participants. Register now.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held. The L. Clark Cushing Senior Recreation Center also has an iPad available for use while at the Center, if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** at **3:00-4:00**. If you would like to participate, please come and join in the fun!

The troupe will occasionally perform their new plays at 12:30 between lunch and bingo on Fridays.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

History Class: Summer Hiatus

Jim Duignan will be back on **Tuesday, September 11** at **10:30** to present information on World War I. Look for more details in the September newsletter.

Summer Family Concert Series

Please note the below schedule for our 2018 Summer Family Concerts, which are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

Monday, Aug 13 **COMPANY B** (jazz)
Monday, Sep 10 **MIXED NUTS** (big band)

Company B



Hayley Kirkland studied Vocal Jazz at Brigham Young University under vocalist Kelly Eisenhour and Dr. C. Raymond Smith. For over 13 years she has performed not only jazz but top 40, folk,

bluegrass, blues, classical, and R&B music professionally. Hayley is also a sought-after studio singer with national commercial credits including Hyundai, Comcast, AT&T, Folgers, and Coffee-mate. She currently fronts many big bands and combos along the Wasatch Front and performs with Utah's premier professional vocal jazz ensemble, Company B.

COMPANY B is a vocal trio that packs dance floors with their energy and tight harmonies backed by a band of Utah's premier jazz instrumentalists. These vocalists had their beginnings in Southern California as the ladies began their musical careers in a variety of genres from barber-shop, musical theater, bluegrass, blues, and jazz. Members Hayley Kirkland and Cassie Gadd are true sisters with Kate Plewe adding a third harmony to complete their sound as modern day Andrews Sisters.

Golf League

GOLF TOURNAMENTS are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament. Ask at the Front Desk if you are interested in joining the league this year.

Aug 13 7:30 Davis Park
Aug 27 7:30 Riverbend

Annual Open House and Family Concert

Mark your calendar for the Center's **ANNUAL OPEN HOUSE**, in honor of National Senior Centers: Building Momentum on **Monday, September 10** from **5:00-8:00**. The theme will incorporate growing, learning, giving, and connecting at senior centers.

A rib dinner with barbequed beans, potato salad, and peach cobbler will be served anytime from **5:00-7:00**. Dinner tickets available for purchase at the front desk now and must be purchased prior to Friday, August 31. The cost is **\$8** per person or **\$28** for a family of four. All ages are welcome.

The **free FAMILY CONCERT** begins at **7:00** and features Mixed Nuts. The Mixed Nuts is sure to entertain you and your family. Since their quiet beginning, this five-member ensemble has exploded into prominence, endearing itself to countless residents of senior centers and retirement facilities across the Salt Lake Valley. Playing the music of the big band era, in the minds of those who lived at that time, they reignite great memories of Glenn Miller, Benny Goodman, and countless other entertainers of the era.

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, August 13, 20, and 27** from **10:00-12:00**. You may choose a complete meal or pick à la carte from the menu. You will meet the cashier in the patio to fill out your order form and pay. Next, take a seat and a server will bring your order to you once it is ready.



Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!



Monthly Calendar

2018

L. Clark Cushing Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday
Closed

MONDAY	TUESDAY
9:00 NIA (<i>exercise room</i>) 10:00 NO Brunch Café 10:15 Pickleball (<i>outside only</i>) 10:30 NO Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 1:00 Movie: The Game Plan 2:00 Strength Conditioning <i>Our Volunteers are the Best of the West</i> 	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 12:45 Beginning Tai Chi 1:00 NO Computer Help 2:00 Beginning Line Dance
7:30 Davis Park Golf 9:00 NIA 10:00 Brunch Café 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 1:00 Movie: Tomb Raider 2:00 Strength Conditioning 7:00 Family Concert: Company B	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance 2:30 Crafting with Susan
9:00 NIA 10:00 Brunch Café 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 1:00 Movie: Legally Blonde 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / 10:30 Tai Chi 10:30 Sleep Disorder Breathing 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters 12:45 Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance
7:30 Riverbend Golf 9:00 NIA 10:00 Brunch Café 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:30 Shakespeare Trip 12:30 Balance / Personal Training 1:00 Movie: Butch Cassidy 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / Smart Driving 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance <i>Shakespeare Trip</i>

WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 Blood Pressure 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge 1	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / 9:30 Living Well 10:30 Tai Chi 11:30 Lunch 12:00 NO Massage 2:00 Strength Conditioning 3:00 Readers Theater 5:00 Springville World Folkfest 7:00 Evening Social Dance 2	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 2:30 Payson Salmon Supper 3
9:00 Painting 9:00 NO Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge 8	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 Living Well 10:30 Tai Chi / 11:00 Heber Trip 11:30 Lunch 12:00 Massage 1:00 Game Day 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 9	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 10
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Live Life Mobile Alarms 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge 15	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 Living Well 10:30 Tai Chi 11:30 Lunch / Summer at Brighton 12:00 Massage 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 16	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 17
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class / Genealogy 12:45 Bingo 1:00 Bridge 22	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 9:30 Toenail Clipping 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Game Day 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 23	9:00 Zumba 10:00 Yoga 10:30 Recycling 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 24
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance / Personal Training 12:30 Genealogy 12:45 Bingo 1:00 Bridge 29	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 30	9:00 Zumba 10:00 Yoga 10:30 Heart Health 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 31
<i>Shakespeare Trip returns about 4:30</i>		

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday at 11:00**.

BRIDGE play is on **Wednesday** and **Friday at 1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday at 9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Bingo

BINGO is played every **Wednesday** and **Friday at 12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

Come join in on **GAME DAY** on **Thursday, August 9** and **Thursday, August 23 at 1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



The Game Plan

Monday, August 6
2007 / 110 minutes
Family Comedy



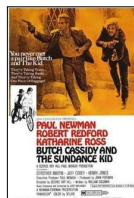
TOMB RAIDER

Monday, August 13
2018 / 118 minutes
Action Adventure



Legally Blonde

Monday, August 20
2001 / 118 minutes
Romantic Comedy



BUTCH CASSIDY AND THE SUNDANCE KID

Monday, August 27
1969 / 110 minutes
Crime Drama

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Theresa Brandon, and Kneaders Bakery and Café.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, August 1** from **10:30 to 12:00**.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, August 23** from **9:30 to 12:00**. The cost is **\$11**. Toenail scheduling begins Thursday, July 26. Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** on **Tuesday, August 14** from **1:30 to 3:30**. Advance appointments are required. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, August 21** from **12:00 to 2:00**. Advance appointments are required. This is a **free** service.

Volunteer of the Month:

Jo Dehaan



We are pleased to honor Jo Dehaan as our **VOLUNTEER OF THE MONTH**. Jo has been a faithful volunteer at the Center since 2008.

Jo was born and raised in Holland. While vacationing with girlfriends in the early 1950s, she met a cute young man named Jakob who asked to ride bikes with them. Jakob would later become her husband. In 1957, Jo and Jakob, married with one small child, came to this county on the Holland America Line. They landed in New York City, got off the boat, and took a four-day trip on a Greyhound Bus to Salt Lake City. Her sister and parents preceded her to America. Jo remembers that the Dutch government encouraged people to move to America and helped pay for her family's boat trip. She said many homes were destroyed in Holland after World War II and there was not enough housing for all the people. Her husband had a good job with the Phillips Company and was able to transfer to America. When they relocated to Salt Lake City, she and her husband had four more children and raised them in several different homes.

After her husband died from cancer in 1994, she wanted to find activities that would get her out of the house to have some fun, and also to enjoy some exercise programs. Jo, brave as she is, reached out to the various centers in the valley and found a Line Dancing group that she still participates in today. Because of her great dancing, that group invited her to join Young At Heart, a line dance group that entertains around the valley for special events.

Jo started volunteering for the Sandy Evening Dance in 1999. The dance moved to the Heritage Center on Thursday, February 1, 2007 — with Jo. She still collects the money, greets the dancers, and sometimes even joins in.

We will honor Jo at our Volunteer Banquet on **Monday, August 6** at **12:30** (*by invitation only*). We want to take this opportunity to thank Jo for all her support of the Center. She comes every Thursday night, without fail. She has been a real blessing to the Center and to the Thursday night social dance.

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

Gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Beginning Tai Chi

Michael, our Tai Chi instructor, is offering a new 8-week **BEGINNING TAI CHI** class which starts on **Tuesday, August 7 at 12:45-1:45** and will continue through **September 25**. The cost is **\$3** per class or **\$20** for the 8-week class.

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or purchase our \$30 Monthly Total Fitness Pass. Ask at the Front Desk for details.

Balance Class

Lisa Shadrick, our volunteer, will teach a **BALANCE CLASS** every **Monday** and **Wednesday** at **12:30** that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities. The balance class is included with the Exercise Room fee. *The students are between semesters and will be back the last week of August.*

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

A new eight-week session will begin **Monday, August 13** through **Monday, October 8 at 10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday at 10:15-12:00** or **Thursday at 9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday at 8:00-9:00**.

Springville World Folkfest

Travel to the **SPRINGVILLE WORLD FOLKFEST** on **Thursday, August 2** at **5:00 pm** and we will return at approximately **11:00 pm**. Dinner cost is on your own. Bring a lawn chair and umbrella or hat. **SORRY...THIS TRIP IS FULLY BOOKED.**

Payson Salmon Supper

Join us for the 64th annual **PAYSON SALMON SUPPER** on **Friday, August 3**. We have chartered a 52-passenger bus that departs at **2:30**. **SORRY...THIS TRIP IS FULLY BOOKED.**

Heber City and Granny's Drive Inn

Come take a drive with us to **HEBER CITY** and visit Granny's Drive Inn for one of their classic milkshakes. On the way back, we'll drive through scenic Midway, then down Provo Canyon and back. The trip leaves on **Thursday, August 9** at **11:00**. Cost is **\$8**. Lunch or milkshake is on your own. Registration is now open for this fun trip.

Summer at Brighton

Get out of the heat and travel up Big Cottonwood Canyon and enjoy the cool air and scenery at **BRIGHTON**. As in days past, Brighton summers are easy and laid back. The Center bus will make a trip to Brighton on **Thursday, August 16** at **11:30**.

Lunch is on your own at the Milly Chalet. With a new smokehouse/BBQ inspired menu, the Chalet offers food that almost competes with the views. Cost for this trip is **\$6**. Wear your walking shoes to enjoy the boardwalk around Silver Lake. Registration begins Wednesday, August 1 for this trip.

Wendover

Travel to **WENDOVER** on **Thursday, September 13** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return at approximately **7:00**. Register now.

Weekly Transportation

WEEKLY TRANSPORTATION to and from the L. Clark Cushing Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Please let your homebound Murray neighbors over 55 know about this service. We would love to have them come and visit their Murray Senior Recreation Center.

Utah Shakespeare Festival

We will charter a bus to visit the Utah Shakespeare Festival on **August 27-29**. Join us as we see three classic William Shakespeare plays this year—*Henry VI*, *Othello* and *The Merchant of Venice*.

The cost is **\$350** per person (double occupancy) or **\$425** (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty's and Milt's, and three plays. Trip payment in full required by Friday, July 20 at 4:00.

Cancellations must be made prior to Friday, July 20 for a full refund. After July 20, trip refund amounts will be on a case-by-case basis.

THERE IS STILL ROOM ON THIS TRIP. LET US KNOW AS SOON AS POSSIBLE IF YOU WANT TO GO.






**UTAH
SHAKESPEARE
FESTIVAL**



Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the L. Clark Cushing Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

AUGUST LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAKED SALMON Lemon Rice Steamed Broccoli Birthday Cake and Ice Cream 	2 BAKED CHICKEN BREAST Garlic Pasta Veggies Chocolate Mousse	3 PIZZA Side Salad Breadstick Cookie
6 NO LUNCH	7 MEATLOAF Party Potatoes Side Salad Rice Krispie Treat	8 ORANGE CHICKEN Lo Mein Veggies Yogurt Parfait	9 SAUSAGE PENNE PASTA Breadstick Veggies Cookie	10 ROASTED GARLIC TILAPIA Asparagus Rice Fruit Cobbler
<p>Lunch is served Tuesday-Friday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance</p>				
13  BRUNCH CAFÉ 10:00-12:00	14 HONEY HAM Coleslaw Baked Beans Brownie	15 GOULASH Roll Green Beans Fresh Fruit	16 LASAGNA Garlic Bread Side Salad Carrot Cake	17 GRILLED CHICKEN BREAST Cornbread Veggies Cinnamon Roll
20  BRUNCH CAFÉ 10:00-12:00	21 CHEESEBURGER Onion Rings Pasta Salad Ice Cream Sandwich	22 MAC 'N CHEESE WITH HAM Chips Veggies Watermelon	23 TURKEY PITA Fresh Fruit Potato Salad Pudding	24 SLOPPY JOE Tater Tots Side Salad No-Bake Cheesecake
27  BRUNCH CAFÉ 10:00-12:00	28 CHICKEN ENCHILADA Spanish Rice Refried Beans Churro	29 COUNTRY FRIED STEAK Roasted Beets Mashed Potatoes and Gravy Ice Cream	30 BATTERED FISH Coleslaw Fries Fruit Turnover	31 CHICKEN STRIPS Side Salad Chips Pizzelle